

537401

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property  
Organization  
International Bureau



02 JUN 2005



(43) International Publication Date  
17 June 2004 (17.06.2004)

PCT

(10) International Publication Number  
WO 2004/049830 A1

(51) International Patent Classification<sup>7</sup>: A23L 1/305,  
2/66, A61K 38/04, 38/17 (JP). KOMATSU, Miho [JP/JP]; c/o Tsukuba Research  
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(21) International Application Number:

PCT/JP2003/015429

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(22) International Filing Date: 2 December 2003 (02.12.2003)

(25) Filing Language:

English

(81) Designated States (national): AE, AG, AL, AM, AT, AU,  
AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU,  
CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE,  
GH, GM, HR, HU, ID, IL, IN, IS, KE, KG, KP, KR, KZ,  
LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN,  
MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO,  
RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT,  
TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(26) Publication Language:

English

(30) Priority Data:

2002-350200 2 December 2002 (02.12.2002) JP

(84) Designated States (regional): ARIPO patent (BW, GH,  
GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW),  
Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),  
European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE,  
ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE,  
SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA,  
GN, GQ, GW, ML, MR, NE, SN, TD, TG).

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Published:

— with international search report

For two-letter codes and other abbreviations, refer to the "Guid-  
ance Notes on Codes and Abbreviations" appearing at the begin-  
ning of each regular issue of the PCT Gazette.

WO 2004/049830 A1

(54) Title: SUSTAINED IMPROVER OF MUSCULAR FATIGUE

(57) **Abstract:** A long-acting improver of muscular fatigue characterized by comprising 4 kinds of amino acids made up of leucine, isoleucine, valine and glutamine, and a whey protein component (whey protein and/or decomposition product of whey protein). At least one of a whey protein isolate (WPI), a whey protein concentrate (WPC),  $\beta$ -lactoglobulin, and  $\alpha$ -lactalbumin is used as the whey protein. Novel food or drink, and pharmaceuticals which exhibit sustained recovery effects on muscular fatigue are provided.